

Postoperative Instructions
NECKLIFT, SUBMENTAL and/or JOWL LIPOSUCTION

- To help reduce bruising, swelling and provide comfort place an ice pack under the chin for the first 12-24 hours. Use a zip lock bag with finely crushed ice or frozen peas, covered with a towel, apply ice pack for 20 minutes, remove for 20 minutes.
- Sleep with your head elevated on at least two pillows for the first week.
- Reduce salt intake for a week.
- Drink at least eight (8) glasses of water per day to help decrease swelling and improve recovery time.
- If sutures are used (you will be informed) apply an antibiotic ointment (Bacitracin, Polysporin, etc.) to the sutures four times a day. If tape (steri-strip) is placed over the incision line(s), please leave the tape undisturbed until your follow-up visit. If the tape comes off before your follow-up visit apply over the counter antibiotic ointment (e.g. Bacitracin, Polysporin, etc.) to the incision line three to four times a day. No need to replace the tape.
- You will have a foam pad placed under your chin after surgery. You may shower with the dressing in place, but pat it dry (do not rub). The dressing will gradually come off in 4-5 days. If it is not off by your post-operative appointment (5 days post surgery) then we will remove it for you.
- We will fit you with a supportive garment the day of surgery to wear day and night, except when showering, for the first week, and then only at night for the next two weeks.
- Use your prescribed pain medication as needed. As soon as possible move to acetaminophen (Tylenol®). This will speed your recovery time.
- Do not take aspirin or aspirin-containing products for two weeks after surgery.
- If you have severe pain or severe swelling, particularly if much greater on one side, contact my office.

If you have any questions, please contact my office.

Main phone: 503-581-1567

Director of Facial Cosmetic: 503-566-4902

When the office is closed: 503-581-1567